

## Azadi ka Amrit Mahotsav -Yoga and AYUSH for Nutrition- 13th September 2021

On the occasion of "Azadi ka Amrit Mahotsav", 75<sup>th</sup> Anniversary of Independence. Bharati Vidyapeeth (Deemed to be University), College of Ayurved, Pune had celebrated month of September as 'Poshan Maah' by planning a series of activities throughout the month. On 13<sup>th</sup> September 2021, NSS unit and Department of Prasuti and Striroga jointly organized awareness program for lactating & pregnant women about practices for better nutrition with the theme "Yoga and AYUSH for Nutrition".

Special lecture was delivered by Dr. Mrudula Kulkarni, Asso. Prof. Striroga & Prasutitantra of our college on 'Ayurvedic diet during pregnancy and lactation'. This was followed by demonstration of Yoga by Yogacharya of our college Dr. Amol Patil at Bharati Ayurved Hospital, Pune. 40 women were present for this program. Dr. Ninad Nangare, program officer briefly outlined the objective of Poshan Abhiyan.

The program had the presence of Principal Dr. Abhijeet Patil as guest. This program was organized under the guidance of Dr. Swati Mohite, the Head of Department of Prasuti and Striroga. The whole program was a good success with the active participation of Dr. Sonali Chaudhari (senior resident) Dr. Neha Agrawal (junior resident) & In charge sister Mrs. Badade. Event was coordinated by team of NSS Volunteers

